Helpful Hints for Selecting Essential Oils

When looking for an essential oil, demand 100% pure therapeutic-grade oils, carefully grown and distilled to ensure the maximum bioactivity, energy and chemical profile of the living plant. These premium and potent oils are used in aromatherapy. Essential oils are made of natural chemical constituents that have been documented to ease depression and anxiety-related disorders. The authors stated that aromatherapy “provides a potentially effective treatment for a range of psychiatric disorders,” and, “appears to be without the adverse effects of many conventional psychotropic drugs.”

As essential oils are inhaled or topically applied they enter the bloodstream quickly and improve mood in a dental office, Physiol Behav. 2005 Sep 15;86(1-2):92-5. (Anxiety Disorders Association of America)

Notes

Essential Oils Beneficial For Anxiety

Lavender

Often called the "Swiss army knife" of essential oils, lavender has been studied for relieving anxiety more than any other oil. Peer-reviewed studies have shown that lavender is associated with "reduced mental stress." It also "induces[1] a state of relaxation and regeneration," "alleviates anxiety,"[2] and has a "calming effect on the central nervous system while reducing blood pressure."[3]

Orange

Two studies documented the anxiety-reducing effect of orange oil in one high-stress site: dental offices.[4,5] A Brazilian study also showed the anti-anxiety and sedative properties of orange essential oil.[6]

Lemon

In addition to its significant antidepressant activity, lemon oil has impressive effects on the circuits in the brain that regulate anxiety.[7]

Melissa/valerian

Flavonoids found in valerian oil were shown to have anti-anxiety properties.[8] A combination of melissa and valerian extracts clearly showed anti-anxiety relief in volunteers taking a laboratory-induced stress test.[9]

Patchouli

A Japanese study discovered that inhaling patchouli essential oil has a significant effect on the sympathetic nervous system.[10] This system operates without conscious thought, as in the "fight or flight" response to stress.

Rose

Three studies documented the anti-anxiety and anti-conflict effect of rose essential oil.[11,12,13]

Roman chamomile

When used in massage, Roman chamomile caused significant reduction in anxiety in cancer patients in a British study.[14]

Blue tansy & German chamomile

The beautiful blue hue of both of these essential oils comes from the constituent chamazulene, which has been shown to be a muscle relaxant in animal studies.[15] A USDA review of German chamomile discussed the flavonoids shown to have anti-anxiety effects.[16]

Ylang ylang

No one with anxiety disorders should be without this essential oil. A Planta Medica study found that inhalation of ylang ylang was "harmonizing"(stimulating).[17] A new study in Yoga Journal noted that a single drop of ylang ylang in a room diffuser was "the best night's sleep she'd had since going off the antidepressant drug."[18]

Bergamot

Several studies (Deppe, 2002; Vogel 2003) have investigated the effectiveness of bergamot as an antidepressant. The Vogel study also discussed a woman who had been hospitalized for depression and wanted to discontinue taking an antidepressant drug. But she was experiencing anxiety that caused difficulty with sleep. After sleeping with a cotton ball in her pillow that had several drops of bergamot essential oil on it, she remarked it was the best night's sleep she'd had since going off the antidepressant drug.[19]

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Another study using a lavender, marjoram, eucalyptus, rosemary, and peppermint blend (in proportions of 2:1:2:1:1) on arthritis patients showed that "aromatherapy has major effects on decreasing pain and depression levels."[20]

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